

# **8 steps to manifesting your very own miracles!**

**By Staphanie Mcwilliams**

Some people seem to have it made, generating miracle after miracle with apparent ease, while the rest of us try time and time again, only to be left frustrated, exhausted and confused. But what makes some people abundant, while others are not? It all boils down to the eight success secrets listed below. Once you understand your own abundance blueprint, you too will begin to manifest your very own miracles.

## **1. ASSUME THAT EVERYTHING IS FOR YOUR HIGHEST GOOD**

At this point in my life, I automatically assume that the world is kind. I assume that someone far smarter than I has choreographed my challenges, worries, triumphs, joys, sorrows, and all the rest. To me, life is far too magically complex to simply be random movement of atoms and energy. Through all the good and all the bad in my life, I've learned the most amazing things - things I wouldn't trade for the world. Now, even in the midst of challenging situations, I know that life's got my back.

## **2. EXPECT SUPPORT FROM THE UNIVERSE**

"Ask and It Is Given" is an amazing book, and an even more amazing statement in itself. So often we've forgotten to expect support. Usually we're wanting support, but rarely, rarely are we expecting it. When we expect something to be done, it's as if it already is. Someone who expects good things in life often gets it. And have you notice that those who expect the worst usually get that too? Donald Trump expects to be rich. He doesn't hope for it, he demands it of the Universe. No matter if he loses billions of dollars, he gains it right back. Life is solely an outer manifestation of our internal expectations.

## **3. BE OPEN TO THE SIGNS**

When the world hands you a coincidence, stop and say "thank you!" I see coincidences as winks from the Universe, helping confirm that we're on the right track. When

opportunities line up perfectly, when situations mystically converge, when opportunities fall in your lap, or when you simply find a penny on the ground, embrace them without hesitation.

#### 4. DON'T WANT FOR ANYTHING

Most people, no matter how many manifesting books they read, are still longing for things. The "want" for money, abundance, love, health or happiness is merely that... a want. And voilá, that's what we get: the opportunity to long for something and not get it. When we think about what we want, or talk about what we want, the world hears "Please let me want for X-Y-Z". The most challenging aspect of manifesting is to be in the state of already having what you want. Evoking the emotions you would feel once your desired goal is attained is the real key to generating your desires.

#### 5. BE GRATEFUL

The state of gratitude is like having your arms wide open to receive all of life's bounty. When we're not in the state of gratitude, it's like walking through life with your fists clenched and your body contracted. Check in to your emotional and physical positions throughout the day. Are you feeling open to everything around you, or are you guarded, grumpy, cynical or sad? If you are frustrated by your current situation or surroundings, make a choice to see only the good, even if just for 2 minutes each morning. Jotting down things in your life that you're grateful for, no matter how small, helps you to open to life's abundance. As we all know, what we think about most, we bring about!

#### 6. CLEAN UP YOUR INTERNAL ACT

Why don't we all have what we want in life? It's usually because we have beliefs in the way that are generating more of what we're not wanting, and less of what we are. No matter how much manifesting work we do, if those beliefs are still in place, they will

subconsciously be running your life's ship without you ever being the wiser. Cleaning up these mystery beliefs can be challenging for most.

As you travel further down the path of cleaning up your home, body and thinking, the work of Byron Katie can be the most amazing gift ([www.thework.com](http://www.thework.com)). This process is the way I continue working on my own limiting beliefs. The less that stands in our way of believing we deserve a wonderful life, the more we can allow in.

## 7. FOLLOW YOUR HEART

When you choose to spend time with things that bring you great passion and interest, your emotional body resonates on a very different level. Those who follow their bliss, choose careers that bring joy, spend time with people who delight them, watch movies that lift their spirits, and read books that inspired excitement often draw in more abundant situations. If you make choices out of fear or to "play it safe", life will give those types of situations or frustrations right back to you. And if you instead take risks to open your heart, mind and spirit, you will, worst-case, get a life of fulfillment, surprise and joy. Look inside to all your underlying motivations and shine a light on them so that you might make a different decision tomorrow. Awareness is the key.

## 8. TAKE ACTION

When we realize what we desire, and begin to align ourselves with these goals, the next step is action. And often times this is the step that trips us all up. When I had manifested my T.V. show "Fun Shui" and had met my producer, I got scared. REALLY scared. And I began sabotaging the opportunity out of fear. But luckily I came to my senses in the nick of time, stood up bravely, and took action. I moved into some of my deepest life fears, I pushed through limiting beliefs, and I did things I'd never done before...

We can't stop with just meditation, gratitude, and cleaning up our thinking. We also must take action, and step up to the plate when life hands us miraculous situations or circumstances. Don't let a great thing pass YOU by!